

Course Name: **Fitness For Life 1**

Subject: **Physical Education**

Length of Course: 1 semester - 18 weeks (.5 credit)

Course Description

Fitness For Life 1 will enable students to obtain the knowledge and skills necessary to develop and maintain a health-enhancing level of fitness and to increase physical competence, self esteem and the motivation to pursue lifelong physical activity. Students will gain an understanding of the components of health-related fitness, training principles, and the benefits of being physically active. Students will participate in activities that will increase physical fitness levels and develop health practices that value physical activity and its contribution to lifelong fitness. Students will exhibit a physically active lifestyle through participation in one or more lifetime sports or activities of their own choosing.

The topics of study in physical fitness include wellness, health- related physical fitness, fitness terminology, training principles, components of fitness, fitness assessments, goal-setting, benefits of fitness, diet and nutrition, skill-related fitness, and prevention and care of injuries related to physical activity.

Students will pursue proficiency in one or more lifetime sports or activities during this course and document their experience by keeping a daily journal. Through participation in their chosen sport or activity students will use a variety of basic and advanced motor skills, apply movement concepts and principles, and integrate performance strategies. Students will develop responsible personal and social behavior, respect for individual differences, self-control, cooperative skills and sportsmanship in a physical activity setting. Students will demonstrate knowledge of history, rules, etiquette, origin and cultural perspectives of their chosen sport or activity through research and composition of a final paper.

Course Requirements

93-100% = A

90-92% = A-

83-89% = B+

80-82% = B

73-79% = C+

70-72% = C

67-69% = D+

60-66% = D

If you take the class Credit/No Credit you must get 70% to pass

- Attendance, participation, and completion of all assignments, quizzes, and exams, are required for students to be successful in this online course.
- A student must participate in one or more lifetime sport or activity for a minimum of 30 hours during the semester the semester. Students must participate in 3 sessions per week, each lasting 30 minutes or more and require moderate to vigorous levels of exertion. Participation must be documented with a parent verification form
- Completion of a Sport/Activity Research Paper (Quarter 2)
- A Personal Health and Fitness Medical History Questionnaire completed by a parent or guardian and a physical completed within the last 2 years.
- A plan to access fitness equipment or a fitness facility during this course.

Course Objectives

A physically educated student:

- Achieves and maintains a health-enhancing level of physical fitness.
- Exhibits a physically active lifestyle.
- Demonstrates competency in many movement forms.
- Applies movement concepts and principles to the learning and development of motor skills.
- Demonstrates responsible personal and social behavior in physical activity settings.
- Demonstrates understanding and respect for differences among people in physical activity settings.
- Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

Scope & Sequence

Module 1: Introduction to Physical Fitness

Terminology

Five components of fitness

FITT Principle (frequency, intensity, time, type of sport or activity)

Sport/Activity Journal

Module 2: Training Principles

Warm up, work out, cool down

Target heart rate zone

Rating of perceived exertion (RPE) – Borg Scale

Specificity, overload, progression, and reversibility

Sport/Activity Journal

Module 3: Benefits of Fitness

Health and well-being
Risk Factors
Life expectancy and quality of life
Psychological benefits
Sport/Activity Journal

Module 4: Cardiorespiratory Fitness

Fitness assessment
Development and maintenance (FITT)
Types of activities
Sport/Activity Journal

Module 5: Muscular Endurance

Fitness assessment
Development and maintenance (FITT)
Types of activities
Sport/Activity Journal

Module 6: Muscular Strength

Fitness assessment
Development and maintenance (FITT)
Types of activities
Sport/Activity Journal

Module 7: Flexibility

Fitness assessment
Development and maintenance (FITT)
Types of activities
Sport/Activity Journal

Module 8: Body Composition

Fitness assessment
Development and maintenance (FITT)
Types of activities
Sport/Activity Journal

Module 9: Nutrition

Food Guide Pyramid
Nutrients
Personal diet assessment
Healthy eating habits
Sport/Activity Journal

Module 10: Body Weight Management

Methods for weight control
Personal assessment

Nutrition myths and fad diets
Body image and media influence
Sport/Activity Journal

Module 11: Skill-Related Fitness

Components
Fitness assessments
Development and maintenance
Sport/Activity Journal

Module 12: Evaluation

Physical Fitness Final Assessment
Fitness Knowledge Exam
Sport/Activity Research Paper
Sport Activity Journal Review

Grading Policy

Grades will be based the combination of the following:

1. Face to face participation in the pre and post test.
2. The participation in the required workouts/sport activities.
3. The quality of the required journal entries and written assignments.

Workout/Sport Activity and Journal Entry Requirements

1. Each workout/sport activity must be a minimum of 30 minutes long and only one per day will be accepted for credit.
2. Students are required to submit three journals each week. ALL Assignments and journals have weekly due dates and are due by Sunday.

Grading Criteria:

Part #1 (1st Quarter)

10% Pretest
45% Assignments/Efolio
45% Sport/Activity Journal

Part #2 (2nd Quarter)

30% Assignments
55% Sport/Activity Journal
5% Research Project
10% Posttest

The following must also be turned in to receive a passing grade:
Parent Verification Sheet